



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
January and February, 2021



The Top Nine Ways to Make Successful New Year's Resolutions

By: cherrytask.com

There is something very enticing about using the new year as a marker for change. It's an opportunity for a fresh start and a chance to commit to making essential improvements in your life. It's an opportunity to make a public announcement of these commitments as a form of accountability.

Yet 92% of New Year's Resolutions will fail within a month. Public accountability for New Year's Resolutions does not usually help perhaps because it is an accepted norm for these resolutions to fail.

You can be successful with your New Year's Resolutions if you follow these nine simple steps. After you are done, you will have New Year's Resolutions that are not only attainable but *extremely likely to succeed*.

Ready? Let's begin!

1. Make it singular - If you are like most of us, *your eyes are bigger than your stomach*. You want to use this opportunity to commit to all of the significant changes in your life. This will never work. Focus on one single improvement at a time. Select the *one* item on your list that will have the most significant impact on your life's vision.

2. Make it specific - Many of us desire to *lose weight, get organized, or make more money*. Stating your resolution in its form is a recipe for failure. How will you know when you are successful? How much weight do you need to lose? What does *getting organized* look like? How much additional money will you need before your resolution is a success? Instead, state your resolution with a specific goal.

I want to lose weight becomes I want to lose 25 pounds.
I want to get organized becomes I want to start using a task manager to track my commitments.
I want to make more money becomes I want to earn an additional \$1 Million.

3. Make it measurable - You need to be able to track your progress if you genuinely want your New Year's Resolution to succeed and you cannot track something that cannot be measured. By monitoring your efforts, you will begin to see results, and this will serve not only to build confidence and momentum, but also to let you know when your New Year's Resolution has been achieved.

Body weight is measurable. Money is measurable. What about using a task manager? What measure could you use to track progress toward this goal? Because it is not possible to measure, you need to redefine it with a variable that *is* measurable.

This about the reason you decided to select a task manager for the goal of *getting organized*. It's probably because you were forgetting about and *missing* some of your commitments. Estimate how many

times this has happened and then pick a lower number. For example, let's say that you have dropped the ball for important items about 10 times in the past year. Your New Year's Resolution might become *Miss zero important commitments*. Notice how the resolution now is both specific *and* measurable. We may decide to utilize a task manager to achieve this goal, but *using the task manager* is not the goal. Fulfilling this redefined solution will now help move you toward your original concept of *getting more organized*. Now you have a specific strategy.

4. Make it achievable - It's nice to say you want to make an extra \$1 Million this year, but you won't. Unless you have reason to believe that this is indeed achievable, then the resolution will fail. Set goals that are difficult to attain, but are *realistic* and *possible*.

While \$1 Million may not be realistic, \$50,000 might be. Or \$15,000. The number will be different for everyone, so find one that is right for you.

With 52 weeks in a year and a safe 2-3 pound per week of weight loss, that's a maximum of 156 pounds of weight loss in a single year *if everything goes perfectly*. It's probably safe to assume that if you need to lose 156 pounds, that it may not go perfectly all year, so a more realistic goal would probably be 100 pounds. This goal is challenging but attainable.

Missing zero important commitments when your track record is poor is an unrealistic goal. Select something still difficult but achievable by allowing for a learning curve. Checking in, now our resolutions look like this:

I want to lose 25 pounds.
I want to miss no more than three important commitments.
I want to earn an additional \$30,000.

5. Make it relevant - If you are setting a New Year's Resolution because it's what you *think* you should be doing or because it's what everyone else says is important, then take a step back and evaluate if it is indeed something that you *want* to accomplish. *If this resolution is not aligned with your vision of your life, then you will not have the resolve to follow through with it.*

If everyone keeps telling you that you should lose weight, but you are very comfortable with yourself and your body, then this may not be a good New Year's Resolution for you. (Of course, if it's your doctor telling this to you, it's probably a good idea to listen!) Select a New Year's Resolution that *you* want to achieve. You will be more motivated to follow through.

I want to miss no more than three important commitments.
I want to earn an additional \$30,000.

The Top Nine Ways to Make Successful New Year's Resolutions

(Continued from page 1)

6. Make it time-bound - Without a deadline, you will either never begin working on your resolution, or you will likely put it off because there is no compelling reason not to. A timeline gives you an end-point and more motivation to begin.

I want to miss no more than three important commitments by July 1, 2018.

I want to earn an additional \$30,000 by September 1, 2018.

If you have followed productivity advice in the past, you may have recognized these steps as *S.M.A.R.T. Goals. Specific. Measurable. Achievable. Relevant. Time-bound.* What is a New Year's Resolution if it is not merely setting a goal? Using these time-tested and proven steps for goal setting will significantly increase your chances of setting a New Year's Resolution that is not only achievable, but also *extremely likely to succeed.*

However, even with a properly constructed New Year's Resolution, you still have to do something about it. What steps can you take to begin progress toward completing your goal? What actions will facilitate the motivation and behaviors that will be necessary to achieve results?

7. Identify action steps - Identify one new action that you can begin each week that will help bring you closer to your goal. To get organized, you can implement a task manager, you can declutter your work space, or you can learn new tactics for utilizing your calendar. To earn more money, you can select a source of income to pursue (i.e. selling something you make) and then devise a strategy. You may need to begin by learning how to market yourself. This is okay because it is part of the process of making more money. Commit to one new, achievable action step each week that directly or indirectly contributes to your goal.

8. Track your progress - Every week, mark your progress on a chart. Make the chart fun to look at and keep it in a place where you will see it every day. As the progress bar begins to move, this will motivate you to continue.

A four month chart with no important commitments missed will be a great motivator to continue to implement new organizational strategies. Be sure to track important obligations both kept and missed!

After the first \$5,000 additional income, you will be motivated to continue your efforts to reach the goal of \$30,000. Without a progress chart right in front of you, however, although you will know you have made extra money, you won't see precisely how much additional income contributes to reaching your goal.

9. Stay accountable - Select one or two close relations (family or friends) with whom you can share your progress weekly. Use the opportunity to discuss your accomplishments, identify failures, and brainstorm ways to correct for the shortcomings in the future.

Personal accountability is not about being chastised for doing something wrong, but instead is an opportunity for self-reflection and improvement. When you tell your accountability partner(s) about your successes, you will build confidence. When you discuss your failures, there should be no judgment. Think of it like looking in a mirror where you will see things from a different perspective that you may not see on your own. The purpose is to improve over time, not be punished for failure.

You now have the tools to set a New Year's Resolution that is important, challenging, and realistic. Choose to follow through by setting up a system that will enable your success. If you reach your goal before the end of the year, why not set another New Year's Resolution right away? There is no need to wait for January!



Helpful Links for Talking About Race

10 Tips for Teaching and Talking to Kids About Race

Parents of all backgrounds talk to and guide their children about race early and often by lifting up age-appropriate activities that can be incorporated easily into your daily life.

<https://www.embracerace.org/resources/teaching-and-talking-to-kids>

Transracial Parenting Series

Families who are parenting children of color or a child of a race other than their own are realizing more and more that race and culture matter in foster care, kinship care, and adoption. The Coalition has recently created a free learning series of four webinars intended to bring a greater awareness of the importance of racial and ethnic identity to a child's healthy development.

<https://www.championclassrooms.org/learning-paths/transracial-parenting-series>

Helpful Links for Learning

Home Schooling Tips

Whether due to COVID-19 or some other unforeseen event, families may find themselves suddenly in the position of educating their kids at home. This can seem daunting or even overwhelming. Here are some strategies to help your family survive, and perhaps even thrive, in this situation.

<https://milwaukee.kidsoutandabout.com/content/surprise-youre-homeschooling-here-are-some-tips>

Virtual/Online Learning Resources



KidsOutAndAbout.com has created a searchable list of classes and learning resources available online. Whether you need some help with math so you can help your child with math, you're looking for something new to do to keep your mind off the news, or you want to provide some structured time for your kids who are used to a by-the-bell school day, there are many options, and we're adding to our list every day!

<https://milwaukee.kidsoutandabout.com/content/virtual-online-classes>

Helpful Links

5 Ideas for New Family Traditions for New Year's

Five simple, but powerful, ideas to give your kids both roots and wings as they head into the new year.

<https://www.ahaparenting.com/parenting-tools/traditions/family-New-Year-rituals>

10 Ways to Support Children's Emotional Well-Being During COVID-19

Child Trends mental health expert Jessica Dym Bartlett discusses 10 ways for parents and caregivers to support children's emotional well-being during the ongoing COVID-19 pandemic.

<https://www.youtube.com/watch?v=vBdtb883nbA>

250+ Creative Ways to Keep Your Family Sane During the COVID-19 Crisis

This is an excellent resource for games, activities, cooking, arts and crafts, science experiments, and more!

<https://milwaukee.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis#arts>

Happy
VALENTINE'S
DAY

Winter Fun

DelaFREEZE

Join the Delafield Chamber of Commerce for their 3rd annual DelaFREEZE event in Delafield! The Delafield Chamber of Commerce and its business members come together to provide live ice carvings and fun activities throughout the Delafield area. This event is family-friendly and free for all ages.

Date: Saturday, January 9, 2021

Time: 10:00 a.m. - 3:00 p.m.

More Information: <https://lakecountryfamilyfun.com/event/delafreeze/>

Waukesha County Parks

Get up-to-date information on cross county skiing, dog walking, sledding, snow shoeing, winter hiking, and more at Waukesha County Parks

More Information: <https://www.waukeshacounty.gov/landandparks/park-system/winter-activities/>

Waukesha Jamboree

Ice sculpting, fireworks, pancake breakfast, frozen golf, make and take workshops, adventure fun and so much more.

More Information: <https://www.janboree.org/>



Craft Time!

Valentine Shaving Cream Heart Art

By: hellowonderful.co

Make pretty Valentine marble art prints! Cut different sizes and you can use them to make Valentine cards, notes, or garlands!

What You'll Need:

- ✳ Shallow container
- ✳ Foam shaving cream
- ✳ Paint (blogger used pink and red washable tempera paints)
- ✳ Skewer
- ✳ Watercolor paper
- ✳ Scissors
- ✳ Heart Template (search online or trace one)
- ✳ Something to cover the table (plastic cloth, butcher paper, etc.)



What You'll Do:

1. Line your workspace or table with butcher paper, newspaper, or something that is disposable.
2. Add shaving cream to your shallow pan.
3. Add paint and use your skewer to swirl around.
4. Place your paper down on the shaving cream with paint, remove, and then use another piece of cut paper to wipe off the excess shaving cream. Repeat with more paper, adding more paint if needed.
5. Let your shaving cream art dry completely. Place books over dried prints to flatten if they curl up.
6. Use a heart template to trace around your prints and then cut into hearts.
7. When you're done cutting hearts, you can punch holes to make a garland, or cover the backs with clean white paper to make note cards or Valentines from the kids!

Craft Time! Colored "Glass"

By: hurrayic.blogspot.com

Ready or not, the snow and cold are on the way! Break up the look of solid white with some fun colored "glass!"

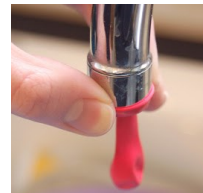
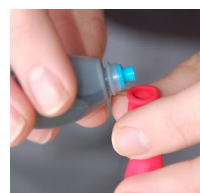
What You'll Need:

- ✳ Water balloons
- ✳ Food coloring
- ✳ Plastic bag(s)
- ✳ Cookie sheet with sides (optional)
- ✳ Newspapers or old towels
- ✳ Scissors
- ✳ Old clothing that can get dirty
- ✳ Warm clothing for when it's time to place them!



What You'll Do:

1. Place ONE drop of food coloring into a balloon. One drop is enough. More than that and it's a mess!
2. Carefully fill the balloon with water, following the directions on the package. Carefully remove and tie off. Repeat for all of the balloons, and place in a plastic bag (or bags!) and freeze.
3. Next day when everything is frozen: Get the old clothes on!
4. Place newspapers/towels down to protect surfaces (unless you are doing this outside - then you don't necessarily need to do this).
5. Be sure an adult cuts the balloon; although the kids can peel it off! Careful in case there is still some colored liquid that falls out!
6. Place the colored "glass" onto the cookie sheet while unwrapping the remaining balloons to help catch any drips.
7. Get dressed up in nice warm clothing.
8. Go decorate the yard with your new colored "glass!"



Waukesha Public Library Activities

Check out the programs below and more at: https://waukeshapubliclibrary.org/wp-content/uploads/2020/12/WPL-Winter2021_Childrens-Programs.pdf

THINK - BUILD - CREATE!

Each Monday, stop by the library to pick up a different themed "grab 'n go" bag - while supplies last. Bags include all the supplies you'll need to complete each week's activity (minus some basic household items, i.e. glue, tape, crayons) and instructions. Monday evenings, we'll post a video with one of your favorite Children's Librarians giving you a demonstration for that week's activities. Check our Children's Facebook page for each week's theme. Recommended for school-age children.

Weekly activities available Mondays, January 18 - March 29, 2021. Videos posted on Children's Facebook Page Mondays at 7:00 p.m.

Take and Make Craft Kits

Craft kits will be available at the reference desk at the beginning of each month and will be available while supplies last.

January: Emoji Plushies

February: Cardmaking

March: Cactus Rocks

April: Black Out Poetry

May: Bookmark



Additional Training and Events

Due to COVID-19 and social distancing, we currently are not having any in-person trainings or informational sessions. A survey will be distributed at a later time regarding in-person trainings.



Caregivers of Young Children Virtual Support Group

This is a monthly support group for adoptive/kinship/guardianship caregivers of kiddos that are infants/toddlers until 5th grade! We will meet via Zoom and talk about anything on your mind, as well as share resources and information with each other!

This online group will utilize Zoom to connect over video chat. You will need to have access to a smart phone with the free Zoom app, or a computer with a camera and microphone. Registrants will be emailed a link to use for joining the video chat. If you have any questions, please contact Chelsey@wisapsp.org.

Date: Thursday, January 14, 2021

Time: 10:00 a.m. - 11:00 a.m.

To Register: <https://wifostercareandadoption.org/event/virtual-support-group-caregivers-of-younger-children/>

Virtual Support Group for Relative Caregivers

We have created a virtual platform to offer assistance to relative caregivers. Please join us and share the daily joys and challenges of being a relative caregiver.

Registrants will be sent a Zoom link on the day of the meeting. You will need to have an internet connection, computer or phone with the free Zoom app, a webcam, and a microphone. If you have any questions, please contact Pattie@wisapsp.org.

Date: Thursday, January 28, 2021

Time: 11:00 a.m. - 12:00 p.m.

To Register: <https://wifostercareandadoption.org/event/virtual-support-group-for-relative-caregivers-4/>

NAMI Parent Peer Support Group (Virtual Until Further Notice)

For parents and caregivers who have a child under the age of 18 who is affected by a mental health condition and/or emotional difficulties. Gain insight from the successes of others facing similar experiences.

When: 1st and 3rd Wednesday of each month

Time: 6:30 p.m. - 8:30 p.m.

For more information or to register, please contact Denise: 262-409-2743 or denise@namiwaukesha.org.

NAMI Basics

Do you care for a child experiencing a mental health, emotional, or behavioral difficulties? NAMI Basics is a free educational program for parents and caregivers of children and adolescents living with mental health conditions. It covers the fundamentals of caring for yourself, for your family, and for your child. We are offering NAMI Basics OnDemand! The same great information, from the comfort of your home, at your own pace!

For more information: <https://www.namiwaukesha.org/nami-basics>



COVID-19 Resources

How to Talk to Your Kids About Coronavirus - This is a great article with helpful information. The website also has games and activities for your kids to play. <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Parent/Caregiver Guide to Help Families Cope with the Coronavirus - This resource will help you understand what an infectious disease is, and how you can help your family cope. <https://www.nctsn.org/print/2251>

COVID-19 Updates from the Department of Children and Families - The Department of Children and Families is working closely with DHS and is committed to keeping you informed about COVID-19 and its impact here in Wisconsin. For up-to-date information, please go to: <https://dcf.wisconsin.gov/covid-19>

Waukesha County Public Health - Waukesha County Public Health website provides up-to-date information about the number of COVID-19 cases, the latest news and information, how to protect yourself and your family, and more. Go to: <https://www.waukeshacounty.gov/COVID19>

Contact Numbers:

Foster Care Social Workers:

Waukesha County Health & Human Services
262-548-7212

Michelle Lim, Foster Care Supervisor
262-970-4761

Cassie BeLow 262-896-8574

Rhonda Klinger 262-548-7240

Jennifer Mantei 262-548-7250

Libby Sinclair 262-548-7277

Hilary Smith 262-548-7254

Case Management

Social Workers:

Angie Sadler, Ongoing Social Work Supervisor
262-548-7272

Eric Galvino, Ongoing Social Work Supervisor
262-548-7271

Eve Altizer, Ongoing Social Work Supervisor
262-548-7267

Nicole Allende 262-548-7265

Kimberly Dudzik 262-548-7347

Stephanie Engle 262-548-7424

Megan Fishler 262-896-8570

Abbey Girman 262-548-7695

Sharon Godwin 262-548-7684

Laura Jahnke 262-548-7359

Alyssa Jones 262-548-7239

Jessica Larsen 262-548-7346

Maria Maurer 262-548-7345

Rachel O'Sullivan 262-548-7639

Johanna Ploeger 262-896-6857

Elizabeth Russo 262-548-7349

Kim Sampson 262-548-7273

Linda Senger 262-548-7698

Brittany Sutton 262-548-7262

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911

Family Emergency: 211 or 262-547-3388



If an Allegation of Abuse or Neglect has been made against you, please call:

FASPP
Norma Schoenberg
920-922-9627